

THE AMERICAN JOURNAL OF NURSING

VOL. IV

JUNE, 1904

NO. 9

STONY WOLD SANATORIUM FOR TUBERCULOUS WOMEN AND CHILDREN

By MARY A. SAMUEL

Member of the New York Hospital Alumnae Association, Superintendent of the
Training-School of Roosevelt Hospital, New York City

As THERE is at present such a keen and wide-spread interest in the prevention and cure of pulmonary tuberculosis, a description of Stony Wold Sanatorium, with a short account of its organization and general workings, may be of interest to the readers of THE AMERICAN JOURNAL OF NURSING.

Situated seventeen hundred feet above sea level, in the Adirondack Mountains, surrounded by forests of pine and fronting on a beautiful little lake, the location will seem an ideal one for the purpose. The institution, only a few yards from its own station, Kushaqua, is nine miles above Paul Smith's, on the Mohawk and Malone Division of the New York Central Railroad, which runs through its property of seventeen hundred acres of land and lake. Malone, N. Y., is about thirty miles farther on the line, while a little more than two-hours' travel will take one to Montreal. The proximity of the railroad is one of its great advantages, avoiding the tediousness of a long drive for the patients and facilitating the transportation of supplies.

Stony Wold was incorporated in 1901. It is non-sectarian in every respect, and was formed by some noble-minded, philanthropic women of New York for the care of working-women, young girls, and children in the early stages of tuberculosis.

The proper care cannot always be given these people in their own homes, and it is especially to them that sanatorium life for a sufficient length of time may mean renewed health and fresh courage for the battle of life for those who not only support themselves, but are often the mainstay of the family.

In August, 1902, the corner-stone was laid by Bishop Potter with simple yet impressive ceremony, and the following autumn of 1903 saw the completion of the central building and one dormitory.

Besides the main building, the plan calls for four dormitories, the second of which has as yet only the foundation finished, and stands mutely appealing to the public for funds for its completion.

Two large rooms on the third floor of the central, or administration, building have been converted into wards for children, while the extra rooms in the same buildings, intended for the house staff, will meantime be used for patients.

Each dormitory is planned to accommodate twenty-four patients, and the one now occupied is filled; at present fifty patients can be accommodated. Every adult has her own room, which is attractively and comfortably furnished with due regard to the best hygienic conditions. When able, the patients take the daily care of their rooms, which are thoroughly cleaned once a week.

There are at present in the institution three boys and seven girls, ranging from eight to eleven years—boys over twelve are not admitted. These children, in the few weeks since their coming to Stony Wold, have gained several pounds in weight and are showing each day increasing benefit from the open-air treatment.

A competent teacher gives them instruction, classes being held each morning in the library. A physician and two graduate nurses are in residence, and as the work grows other nurses will be required.

While the cases are in the incipient stage much oversight is needed to insure the carrying out of all hygienic instructions, as well as in enforcing the *full* time to be spent in the open air. These women (the majority are but girls) require a great deal of mental stimulation and often much encouragement to induce them to persevere in what may seem to them, in their ignorance, a vain endeavor.

The work necessarily is largely educational. These people must be taught that tuberculosis is curable and preventable, and that if they are ignorant of or indifferent to the necessary precautions they become a source of great danger to their families and friends.

Authorities affirm that in sanatoria for consumptives, where the precautions concerning the sputa are most rigidly adhered to, one is perhaps safer from contracting tuberculosis than anywhere else. Patients returning from the sanatorium cured or improved bring with them the hygienic and sanitary education received in the institution and become distinct factors in the further prevention of the disease.

Experience shows that with proper sanatorium care seventy-five to eighty-five per cent. of incipient cases can be cured or so improved that



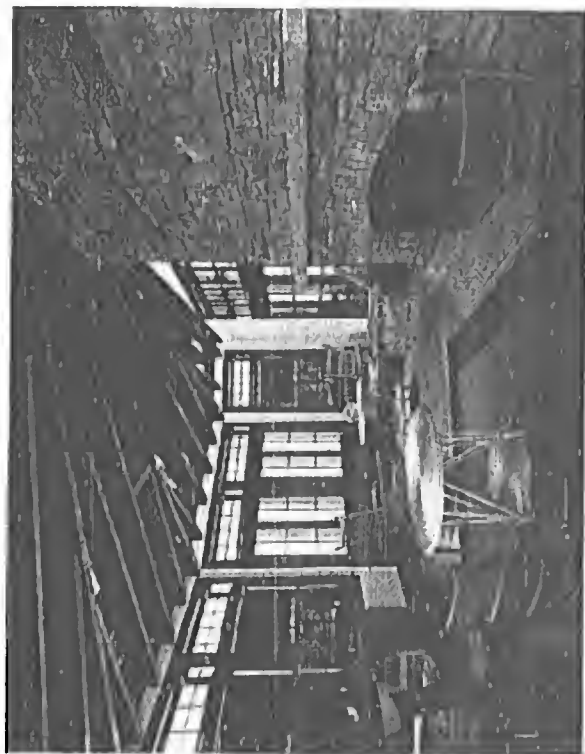
TAKING THE CURE AT STONY WOLD SANATORIUM



ASSEMBLY ROOM, MAIN BUILDING, STONY WOLD SANATORIUM



MODEL BATH-ROOM, DORMITORY A, STONY WOLD SANATORIUM



SUN PARLOR, DORMITORY A, STONY WOLO SANATORIUM

they may again become working members of the community, thereby lifting from the city a tremendous social and financial burden. Dr. Knopf says "that as conditions are now in most of our cities and towns, the majority of consumptives are doomed to a certain and lingering death . . . the child of to-day is the man of to-morrow, and the more children we cure of this disease now, the smaller number of consumptives we will have to take care of in the future."

The immediate need of Slony Wold is a maintenance fund for the support of patients, as the majority are unable to procure sanatorium treatment for themselves.

Already two nurses are numbered among the patients, and the president, Mrs. James E. Newcomb, reports several appeals for assistance or information from others in different parts of the State. With a view of benefiting these most deserving of applicants it has been thought wise to endeavor to organize an auxiliary among the nursing profession for the support of one or more of its members who may have become victims of the disease.

A committee has been formed for this purpose, and annual subscriptions, from one dollar up, may be sent to the treasurer of this committee, Miss Grace Knight, Roosevelt Hospital, Fifty-ninth Street and Ninth Avenue, New York City.

Seven hundred and thirty dollars will support a room for one year.

THE WORK OF DISTRICT NURSES AMONG TUBERCULOUS PATIENTS IN BALTIMORE

By J. S. AMES

President Instructive Visiting Nurse Association of Baltimore

HAVING read with great interest the article by Miss Nutting, of the Johns Hopkins Hospital, on "Visiting Nurses in the Homes of Tuberculous Patients," in the April number of this JOURNAL, I thought it might be worth while to make a brief report of the work which has been done in Baltimore during the past eight years, during which time many of the problems mentioned by Miss Nutting have been met and, to a certain extent, solved.

The Instructive Visiting Nurse Association of Baltimore began its work in January, 1896, being able at that time to support only one nurse. On April 1, 1904, it was directing the work of six district nurses and of one extra nurse whose entire time is devoted to the care of cases of tuberculosis. During the past eight years a great deal of